Person Centered Practices
Five Common Elements
Part 1 of 5
Welcome

To ask a question during the presentation use the Q&A Panel in WebEx

Select “All Panelists”, type your question, and click Send.

Questions: Use Q&A Panel and send to "All Panelists"
Agenda

- Diane Marshall: Review the objectives of the learning community
  - Children’s Mental Health Upcoming Training Opportunities
- Amanda Calmbacher: Adult Mental Health and Person Centered Planning
- Lori Miller: Person Centered Protocol Updates
- Diane Marshall and Lori Miller: Transition Protocol FAQ’s
- Richard Amado and Stacy Danov: Overview of Person Centered Practices – 45 minutes

Questions: Use Q&A Panel and send to "All Panelists"
Objectives of the Learning Community:

- Support Planning Professionals (SPP) are prepared to apply Person Centered practices
- SPP are prepared to apply Person Centered Protocols to their work
Objectives of the Learning Community:

- Identify where there may be service or access issues that are getting in the way of “living” Person Centered Principles and Practices

- Provide an ongoing forum for support planning issues; initial focus is on person-centered planning

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Children’s Mental Health Rule 79 Training is scheduled:
The next Rule 79 dates are in the Health Service Building, Downtown Minneapolis, and is posted on Train Link now below:

- **Part I**
  - Monday, January 25 9am-4pm
  - Tuesday, January 26 8am-4pm

- **Part II**
  - Monday, February 1 9am-4pm
  - Tuesday, February 2 9am-4pm

- **Part III**
  - Monday, February 22 9am-4pm
  - Tuesday, February 23 9am-4pm
Youth ACT:

There is a new Bulletin being routed through DHS and will be out in February 2016.
Adult Mental Health Updates

• Welcome

• Support Planning Professionals

• amanda.calmbacher@state.mn.us

Questions: Use Q&A Panel and send to "All Panelists"
Transition Plan Updates

- Tools
  - Action Plan
  - Checklist
  - Summary

- Implementation

Questions: Use Q&A Panel and send to "All Panelists"
Transition Plan Updates

Lead Agency Reviews

Questions: Use Q&A Panel and send to "All Panelists"
“THE FUNDAMENTAL PRINCIPLE THAT GOVERNMENT AND SERVICE PROVIDES BEGIN BY LISTENING TO INDIVIDUAL ABOUT WHAT IS IMPORTANT TO THEM IN CREATING OR MAINTAIN A PERSONALLY-VALUED, COMMUNITY LIFE. PLANNING OF SUPPORTS AND SERVICES IS NOT DRIVEN OR LIMITED BY PROFESSIONAL OPINION OR AVAILABLE SERVICE OPTIONS BUT FOCUSED ON THE PERSON’S PREFERENCES AND WHOLE LIFE CONTEXT.”
MINNESOTA OLMSTEAD PLAN, PAGE 32
Moving to a system where everyone has a plan that is person-centered
Person Centered Practices Common Elements: Choice (Part 1 of 5)

RICHARD S. AMADO, PHD LP NADD-CC
STACY DANOV PHD LP

Questions: Use Q&A Panel and send to "All Panelists"
Review: Person Centered Practices

- Person Centered Practices
  - POWER WITH, SUPPORTING, FOCUS ON STRENGTHS, EXPRESS PREFERENCES AND CHOICE, HAVING POSITIVE CONTROL OVER LIFE
Questions: Use Q&A Panel and send to "All Panelists"
5 Valued Experiences/common elements

1. Growing in relationships
2. Contributing
3. Making choices
4. Being treated with dignity and respect and having a valued social role
5. Sharing ordinary places and activities
Making Choices

- **Choose**: to select from among two or more possibilities

- **Prefer**: to like someone or something better than someone or something else
Choosing

- A range of 2 or more from which to select;
- The range of choices is limited by circumstances or others
Prefer

- No Range is implied
- The preference is “self-generated”
- The preference usually reflects personal experience

Preferences and Choices are *different* and

*Both are important*
• Our processes need to assure people have the opportunities to experience new things and broaden their preferences: new places, new activities, new people, new ...

• Our processes also need to assure people’s preferences are recognized in their day to day lives.
Learning About Preferences

• Ask the Person or others who know the person well
  o Conversation
  o Survey
  o Trust and Verify
  o Etc.

• Observe the Person
  o Selections
  o Physical reactions
  o Facial expressions
  o Etc.
Asking has Pitfalls

- Asking only works under the right conditions
  - Does the chooser want to please?
  - Does the chooser have experience making choices? What is it?
    - Honored, stifled, punished?
  - Does the chooser have experience with the items in the range of choices? Chocolate, vanilla, or strawberry...
  - Does the chooser have rewarding experiences choosing something novel or unknown?
Observing has Pitfalls

- Do you have time to observe, likely multiple times, under differing conditions?
- Can you get information from others who know the person well and then verify through observation?
- Can you observe in ways that do not influence the behavior of those being observed?
- Can you separate your personal biases and preferences from the observation?
Observation is Readily Available

- Do you have or have you had young children?
  - Were you able to figure out what made them happy or upset them before they could talk?

- Do you have or have you had pets?
  - Could you tell when something was wrong or the pet did not feel well?

- Are you meeting new people?
  - Do you figure out what they prefer just by being around them?

- Do you know what your significant other is thinking before he or she speaks?

You Are an Observer!!
All People Have “Tells”

- You can observe people who do not use words to communicate, even people with extremely limited motor ability, to determine preferences.
  - Eye movements
  - Sounds
  - Twitches, especially facial
  - Changes in facial expressions
  - Etc.
Discovering preferences allows us to support improvements in quality of life.
Once we begin to identify the preferences of people with very limited motor or communication ability, systematic technology assisted communication is possible.
Why do we do Pilot Studies?
- Minimize losses if it does not turn out
- Tweak procedures and processes
- Learn from experience

Pilot Studies are a way to explore without putting everything at risk

Pilot Studies allow us to learn while minimizing risk
Pilot Studies as a Life Tool

- In life there are times to:
  - Stick your toe in to see how the temperature is
  - Try a little to see how it goes
- Consider, nothing in life is safe, safety is an illusion, and
- Life without some risk can be very boring and uninteresting
- Pilot Studies allow us to balance risk and safety

Questions: Use Q&A Panel and send to "All Panelists"
Balancing Risk and Safety is a challenge. It is not easy and it is far more rewarding than living in a one-fish fish bowl.
Questions, Feedback, Comments?

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Where to Find Help Now?

- **Bulletins:** [http://www.dhs.state.mn.us/main/id_000305](http://www.dhs.state.mn.us/main/id_000305)

- **E-List Announcements:**
  [http://www.dhs.state.mn.us/main/id_000677#](http://www.dhs.state.mn.us/main/id_000677#)

- **CBSM Main Page:**
  [http://www.dhs.state.mn.us/main/id_000402](http://www.dhs.state.mn.us/main/id_000402)

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Please take a moment to let us know your thoughts.

- Take our Survey: [http://surveys.dhs.state.mn.us/snapwebhost/s.asp?k=145375396410](http://surveys.dhs.state.mn.us/snapwebhost/s.asp?k=145375396410)
- Available until Wednesday, February 9

Questions: Use Q&A Panel and send to "All Panelists"
Audio from today’s session will be available beginning tomorrow morning by dialing:
855-859-2056
Conference ID:
29364231

If you have questions following the session, email to Diane.Marshall@state.mn.us
Thank you for attending!